

BROCHURES



**CHRIST COLLEGE (AUTONOMOUS)
IRINJALAKUDA**

**WOMEN DEVELOPMENT CELL,
DEPT'S OF MALAYALAM & HINDI**

ORGANIZING:

**KARATE - COLOUR
BELT AWARDING**

IN ASSOCIATION WITH :



School Of Martial Arts



26 FEBRUARY 2024



9:00 AM - 12:00 PM

ST. CHAVARA SEMINAR HALL

**Earn While you learn
programme**

CHIEF EXAMINER:
KYOSHI DINO DAVIS
7TH DAN BLACKBELT

PRINCIPAL
REV. FR. DR JOLLY ANDREWS (CMI)

PROGRAMME COORDINATORS
DR. SREEVIDHYA V (WDC CONVENOR)

FR. TEJI K THOMAS
DR. SHIVAKUMAR

STUDENT COORDINATOR
AISHWARYA SHAJU (M.COM)

KARATE TRAINING PROGRAMME

REPORT

The inauguration ceremony for the Karate Training Course and orientation on Self- Defence was held on 25-07-2023 at St'Chavara seminar hall. The event was organized by the Women development cell, the departments of Malayalam & Hindi aiming to promote physical fitness, self-discipline, and self-defense skills among women participants of all age. The event was inaugurated by the principal Rev. Fr. Dr Jolly Andrews and they shared their insights on the significance of karate in promoting healthy lifestyle and building character. A special demonstration was presented by senior karate instructor Mr Shihan dino davis (7th dan black belt) showcasing various techniques and forms. The demonstration was met with great enthusiasm and served as an inspiration for the new trainees. The ceremony was graced by the presence of esteemed persons including Fr. Joy P T CMI manager Christ College, Ms Sheeba Varghese Vice Principal and Hod of Hindi Dept, Fr Teji k Thomas Hod Dept of Malayalam, Dr Ambily M.V Assistant professor Dept of Malayalam. The yellow belt awarding ceremony was held on 26-02-24 at ST'Chavara seminar Hall. Fr, Dr Jolly Andrews CMI principal of Christ College, and Fr. Joy P T CMI manager of Christ College, were distributed the yellow belt to the students. A special performance was presented by the students. The ceremony was graced by the presence of esteemed persons including Ms Sheeba Varghese, vice principal and HOD, the dept of Hindi, Fr. Teji K Thomas, HOD the dept. of Malayalam, Dr. Pallikkattil Mary Pathrose, HOD the Dept. of English, Dr. Sreevidya V., coordinator of Women Development Cell, Dr Ambili KM, Assistant Professor, dept of Malayalam, Dr, Shivkumar Assistant Professor dept of Hindi.



Outcome

- 1. Improved physical fitness:** Regular participation in karate classes can enhance overall physical fitness, including strength, flexibility, endurance, and coordination.
- 2. Self-Discipline and focus:** Karate training requires concentration and self-discipline, helping students improve their mental focus and self-control in various aspects of life.
- 3. Self-Defense Skills:** Students will learn practical self-defence techniques, increasing their ability to protect themselves in dangerous situations.